



# UA Local 190



UA Local 190 and the Greater Michigan UA Local 190 Joint Training Committee (JTC) are committed to supporting the mental health and well-being of all our members, apprentices, and their families. We recognize that life's challenges can sometimes feel overwhelming, and it's important to remember that you are not alone. We encourage anyone who may be struggling to seek support and make use of the resources listed below. Your health and safety are our top priorities, and reaching out for help is a sign of strength.

If life becomes overwhelming, please consider connecting with one of the resources below. Help is available.

- Crisis Hotlines (24/7):
  - U-M 24-Hour Crisis Hotline: **734-996-4747**
  - The National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**  
**- or dial 988**
  - Ozone House 24-hour support and resources for youth, and those who care about youth: **734-662-2222**
- Domestic Violence Hotline: Safe House Crisis Hotline: **734-995-5444**
- The Washtenaw County Community Mental Health Crisis Team: **734-544-3050**
- Veterans Crisis Hotline: **1-800-273-8255 and press 1**
- Crisis Text Line: **Text HOME to 741741**  
Serves anyone, in any type of crisis.  
A live, trained crisis counselor will respond quickly.